

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR	Weekly housekeeping
07:30-08:00	FE-1	System config for water transfer from Rodnik tank in Progress to Rodnik tank 5B1 in SM. <i>Tagup (S-band)</i>
08:00-08:05		BIOPSY: food frequency log
08:30-08:35		Water transfer from Rodnik tank in Progress to Rodnik tank 5B1 in SM (monitoring) <i>Tagup (S-band)</i>
09:05-09:10		
09:40-09:50		
10:20-10:30		
11:00-11:40		
11:40-11:50		Finish water transfer from Rodnik tank in Progress to Rodnik tank 5B1 in SM. <i>Tagup (S-band)</i>
11:50-13:20	FE-1	Physical Exercise (TVIS) day 2
12:40-12:55	CDR	Reboot all PCS (once a week)
12:55-13:00		Reboot SSC OCA
13:20-14:20		LUNCH
14:20-14:50		Weekly planning conference (<i>S-band</i>)
14:50-14:55	FE-1	BIOPSY: food frequency log
15:00-15:15	CDR	Training for FMVM experiment
15:15-15:30		FMVM experiment conference with specialists (<i>S-band</i>)
15:45-17:15		Physical Exercise (RED)
17:15-18:15		Physical Exercise (CEVIS)
17:15-18:15	FE-1	Physical Exercise (VELO + Force Loader-1) day 2
18:15-18:20	CDR	TVIS/RED/HRM data transfer to MEC
18:20-18:25		Carbon dioxide level monitoring
19:25-19:30	FE-1	BIOPSY: food frequency log
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1*01:00	ETD. Experiment ops
	FE-1*01:00	ODF replacement

Note: See OSTP for reference to US activities

End of radiogram